

## Full Report (All Nutrients) 45109543, MICHELINA'S, LEAN GOURMET, TERIYAKI CHICKEN, UPC: 717854106894

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**Report Date: June 19, 2017 16:43 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Bellisio Foods Inc

Nutrient	Unit	Data points	Std. Error	227.0 g 227g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	329	145
Protein	g	--	--	11.01	4.85
Total lipid (fat)	g	--	--	5.99	2.64
Carbohydrate, by difference	g	--	--	59.00	25.99
Fiber, total dietary	g	--	--	0.9	0.4
Sugars, total	g	--	--	11.01	4.85
<b>Minerals</b>					
Calcium, Ca	mg	--	--	59	26
Iron, Fe	mg	--	--	1.43	0.63
Sodium, Na	mg	--	--	840	370
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	5.9	2.6
Vitamin A, IU	IU	--	--	749	330
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	0.999	0.440
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	16	7

### Amino Acids

### Other

### Ingredients

COOKED LONG GRAIN RICE, WATER CHICKEN (CHICKEN BREAST WITH RIB MEAT, WATER, SOY PROTEIN ISOLATE, 2% OR LESS OF SALT, SODIUM PHOSPHATE, MODIFIED STARCH, MALTODEXTRIN AND NATURAL FLAVOR), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID AND LESS THAN 1/10% SODIUM BENZOATE AS A PRESERVATIVE), BROWN SUGAR, BROCCOLI, CARROTS, LESS THAN 2% OF WATER CHESTNUTS, CANOLA OIL, MODIFIED FOOD STARCH, SESAME OIL, GINGER PUREE (GINGER, WATER, CITRIC ACID, POTASSIUM SORBATE), GARLIC (WITH WATER AND CITRIC ACID), SPICE *Date Last Updated by Company: 05/18/2016*